



Cultivate a connection with other
local farm women through

Women in Agriculture-North Carolina (WIA-NC)

WIA-NC provides:

- an opportunity for farm women to come together with an emphasis on self-care and mutual support
- share how stress is affecting their families
- learn how to recognize and manage day-to-day stressors
- tips on how to serve as an ambassador to promote health and wellness among the local farm community
- fun activities that promote self-care and relaxation

Events can be tailored around topics of common interest.

Format includes in-person or virtual meetings and /or day-long retreats.

Interested in learning more about WIA-NC and how you can be involved in its expansion?

Email info@ncfarmstress.org or call the NC Farm Help Line at 844.325.3276

"Women in Ag has been a wonderful opportunity and resource for women across the state. It has allowed them to come together to share their feelings about how stress has affected their farm families. It is a shared experience that helps women to understand the stressors that we face and gives us tools to work through these struggles."

VICKY PORTER, PORTER FARMS - CABARRUS COUNTY, NC

